

Healing Meeting,

Wed. Sept. 9, 1914.

Subject: Spiritual Mind Healing

Mrs. Fillmore: When we sing this song about freedom we seem to get nearer a realization of what we are talking about. It says that if we seek freedom we shall find it, and we know that if we seek and do not find it the fault lies in the way we are seeking;

Freedom cannot be found by seeking in the external but we must have a way of finding out something about ourselves and what it is that we desire to be free from. We find this out by looking within - we open the door of the inner consciousness and walk right in, but there is a trick about that which the mortal does not know of. We leave the mortal outside the door and also all that pertains to the external world.

Let us try that tonight; let us spend our time in getting within and seeking the true understanding that will bring us freedom. Now in this there is a good position to take and that is to have the spinal column erect, the hands free from everything and take an easy position. There is a tendency in the mortal man to hang on to burdens but when we go into the Silence we must forget that there is such a thing as burdens and just enter into that Secret Place with our minds and our hands free of all burdensome things. We must get still and become open and receptive to the Omnipresent Life and Love and Wisdom etc. , and know that in him we "live and move and have our being." Let us take this thought: "My mind is open and receptive to the healing power of the Holy Spirit."

Silence.

Mr. Fillmore: The question, "What is spiritual mind healing and what is a treatment?" are often asked and in order to answer a question of this kind in a complete and satisfactory manner it would be necessary to give a whole course of lessons in spiritual mind healing. I could call your attention here and there to the fundamental principles in spiritual mind healing and also to a few of the treatments given by our practitioners.

Now spiritual mind healing is in essence an establishment in man's consciousness of Divine Mind, based upon the understanding that there is a Universal Mind and that that is the only mind there is in reality. Man's mind is but a state of consciousness in this One Mind, for the Universal Mind with its ideas is the only real and enduring mind there is. The ideas of this mind are unlimited in their capacity. The idea of Life in the Universal

Mind is without beginning or ending and the idea of Love in the One Mind is universal in its character and not confined to any one individual. In following this we might go through with all the ideas we deal with and find that they are universal and unlimited.

Now man takes the ideas out of the One Mind and through a limited concept he does not give them full and free expression. He says that life has a beginning and an ending and in this way you see he places limitations upon them. The key to the whole situation lies in thought and that means that our whole life is founded upon thinking. "As a man thinketh, so is he." You will find that you can change the whole character of your body and your surroundings by establishing in yourself a new state of

consciousness. People often go to other countries and seek new environments to better their physical condition. In doing this they produce a change, not from change of locality or climate, but through a change of mind. They let go of old surroundings and ideas and it is the thought that does the work. We can change our minds quickly if we set about it with the understanding that there is but One Universal Mind to which we must attach ourselves and that this Mind is always in evidence; Omnipresent and Unchanging.

Spiritual mind healing differs from mental science healing in that as a rule they require only the mind of man and do not give Universal Mind its rightful place in the adjustment of man's mind and conditions. They hold that by thinking healthy thoughts you can become healthy and by thinking prosperous thoughts you

can become prosperous and while we do not ignore that we add to it this spiritual quality. So you see spiritual mind healing is something more than auto suggestion; something more than any of the systems that leave out Supreme Mind. The application must involve all the phases of thought in the universe and therefore it is a wonderfully complex system. Numberless thought rules are laid down for its application. Mental Scientists say, "Why you work in the same way we do; you say hold certain thoughts and you will produce certain conditions," etc., but we make our statements with the Spirit; we say you are alright because you are a spiritual being and in the beginning you were created whole and perfect and you are whole and perfect now. Accept the perfection which God images for you and you will become healthy. "Seek ye first the kingdom of God and his righteousness



and all these things shall be added unto you." These things are added unto us but we must accept them and although there is no definite rule laid down we must lift our minds to a realization of the One Infinite Mind.

We have many books saying to eat certain things for certain diseases and for certain error states of mind hold certain thoughts, but those who have tried them say they do not always work. Why is this? Because they are complex states of mind and no two people are exactly alike. You are what you are because of the character of your thought and the more you call upon this Divine Man within you the stronger you become individually. Teachers should call the attention of all people to the God within themselves and all people should be taught to look to the One Source for their health. This gives freedom

to the mind and that means a broader and a larger vision, and they grow into health through the freedom. Man should study mind, not medicine. The great Intelligence points out what is necessary. No two people have tastes just alike and each one should study his own taste and attach himself to the One Mind.

Jesus Christ is our guide and he gave a great many different kinds of treatment. He treated himself and his patients in different ways. Sometimes he gave spiritual treatments and again they almost took on a material phase. "He healed not many people because they lacked faith." The more faith there is on the part of the patient the easier it is to heal him, although something more than faith is necessary to complete, all around healing. If you would come to the real Truth you must have an understanding of the One Infinite Mind working through



you, Jesus Christ healed the blind man with clay and then told him to go wash in the pool. Why did he do this? Because he discerned that that man must have something of a material character to accompany the healing idea, and so among the patients it is sometimes necessary to give something to do. We do not give drugs nor train our patients to believe in drugs for we set up a system of healing and say "this will heal you " or "this thought will overcome that error state of mind" etc., and we train their minds along these lines of thought. The whole thing is in the mind so why not get at the real cause and treat patients from this view point? It is sometimes necessary to use these outer methods to get them out of the mind. Most people have become so dependent upon the outer and things

in the external that they do not concentrate upon the Truth or the action of the mind. I once knew a lady who claimed that there was nothing spiritual about our work. She said that as a test, she told one of her own patients that if she would repeat the multiplication table every day for a certain number of days she would be healed, and she promised to repeat it with her. She said the patient got better each day and at the end of the specified time she was healed. She said, "Doesn't that prove that there is nothing in your spiritual science? You can put any kind of thoughts in the mind of your patients and if they believe you they will be healed." Healing requires attention and concentration and if the multiplication table concentrates your mind that is the starting point of cultivating that real enduring faith. In this case faith did

the work. This lady's mind was in a constant flutter and eating day after day of the multiplication table quited her thoughts and gathered them together and caused her nerves to become quiet and harmonious. However permanent healing must have understanding. We must get the attention of the mind upon what we know is true and hold it there and ~~that~~ before long we will be whole and well. Most people now accept the truth that the real cause is error in the minds of the people and the doctors say that they are satisfied we are right but they couldn't give the Truth to the poeple; they must see and taste material things. So they go their way and we go ours but we know that man must finally come to the Truth that there is a Universal Mind and that he must finally accept his healing from the Spirit.

In the matter of treatment: Jesus Christ treated through

prayer. Before he did his great work he always prayed; he went up into the mount and communed with the Father in secret praying for power, understanding and faith, and he brought into his mind all these Absolute Ideas and then turned them loose in the minds of the multitudes and brought forth wonderful results. In one instance he said, "This kind goeth forth only by fasting and prayer." Fasting is the withdrawing of the sense man from its usual food but not the stopping of eating and drinking altogether. It is a change of mind from the material to the spiritual. Certain attitudes of mind and body act and react one upon the other and you will oftentimes find it necessary to spend some time in denying sense consciousness. Man is so wrapped in material thoughts that he fills his organism full of material cells and they must be eliminated. Pay attention

to your food. Some people who grow spiritually abstain from one meal a day , others find one meal more important than another and others find that certain foods are necessary. If you can get rid of some error state of consciousness by fasting it is a good thing , but by this I do not mean that you should starve yourself for thirty or forty days but cut out some material avenue. You can take up Jesus' treatment right along that line and deny your appetite and if you do it in that way you will overcome. We might talk all night tonight and every night and not touch a one hundredth part of the wonderful breadth and depth and height of spiritual mind healing. It covers every need of the human family; it is the foundation of Being itself.

We are here tonight to get the Truth along some line and we know that somewhere there is a treatment that will heal every one. Everybody has been helped by some treatment although all are not helped by the same treatment. You might take some statement of the Truth and repeat it over and over and realize a great improvement but another might use the same statement for the same trouble and not be helped. The essential thing is to get the statement that fits your case, whether in the form of words or a passage of Scripture, and use it faithfully. Words work wonders in the mind, but you should remember this: there is no reality in disease. Remember that all is mind and do not judge by appearances. Here is a great ocean of health and harmony. The waves with the froth on top represent disease but there is a great depth below that is health and harmony.



Smooth out the angry surface and all will be health and wholeness. That is what man is and deep down within him is his ocean of health and wholeness. These waves do not amount to anything yet you are holding on to them and believing in them and caliming them as yours. We had a letter from a lady today who said, "My pain has returned." She claimed it as hers and naturally it came back to her. Once several years ago one of our workers who was very enthusiastic in his work of spreading the Truth, met a friend who had a severe case of hay fever. This worker said to him, "Why don't you get rid of that condition? You don't want it. I'll give you a penny for it." The man was very willing to dispose of the condition so the friend bought it of him for a penny. He went on his way but the next morning he awoke with the worst case of hay-fever he had ever had and